

FIG. 2

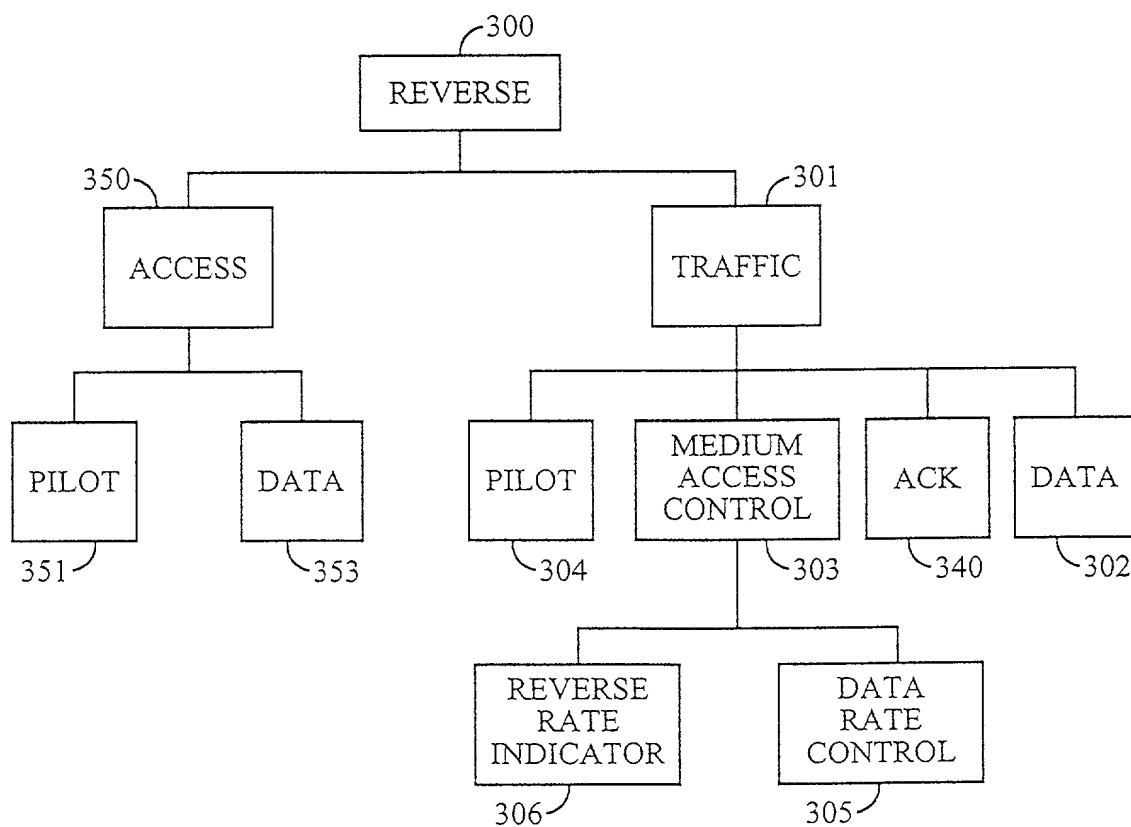


FIG. 3

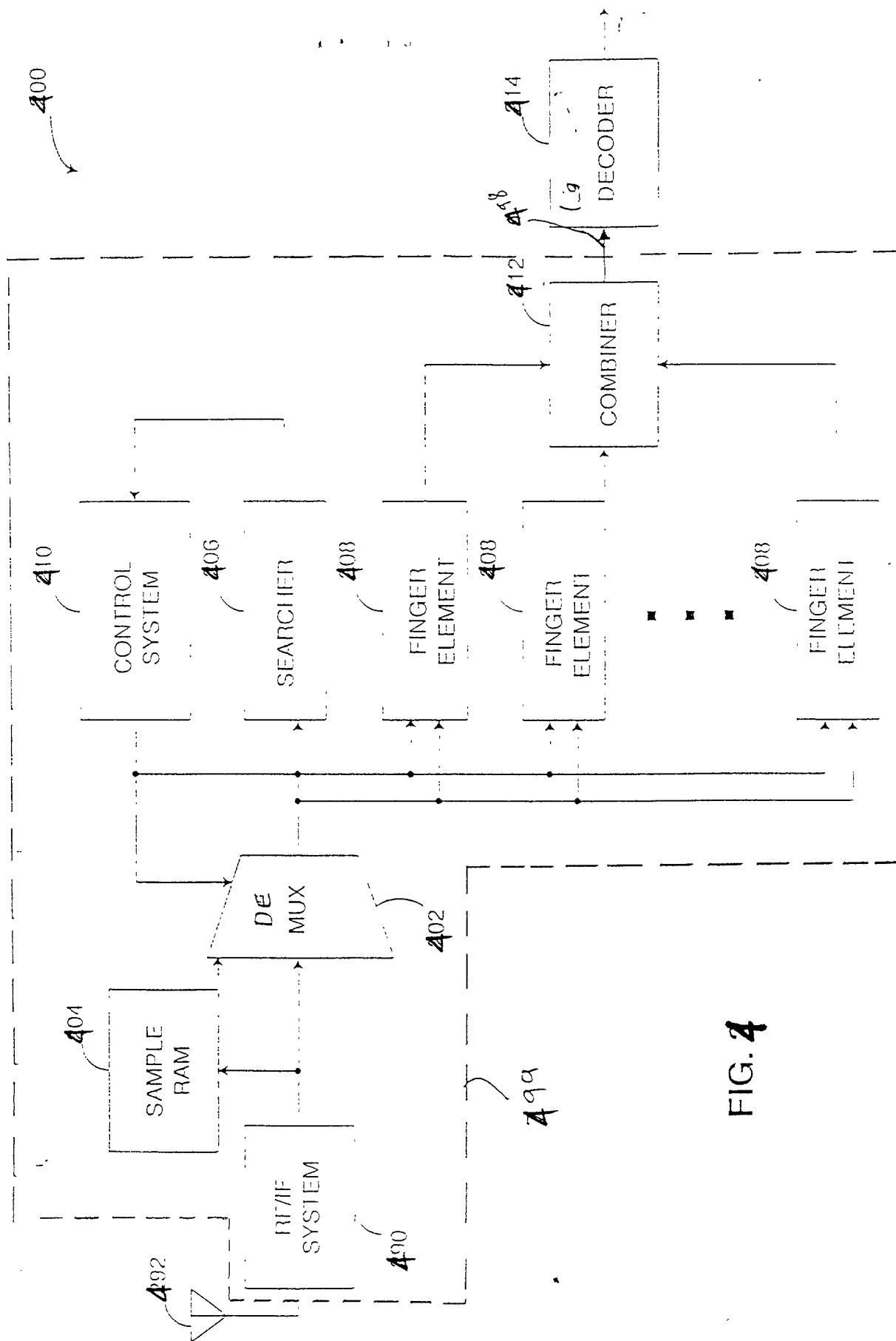


FIG. 4

Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
Male	55.2 (10.5)
Female	56.8 (11.2)
Marital status	
Married	78.5%
Single	12.3%
Divorced	8.2%
Widowed	1.0%
Education level	
High school or less	65.4%
College	34.6%
Occupation	
Professional	25.3%
Managerial	18.7%
Technical	15.2%
Service	22.1%
Unemployed	18.7%
Health status	
Good	72.5%
Fair	15.3%
Poor	12.2%
Chronic diseases	
Hypertension	45.6%
Diabetes	32.1%
Heart disease	28.9%
Stroke	15.4%
Arthritis	38.7%
Chronic kidney disease	12.3%
Chronic lung disease	18.9%
Chronic liver disease	5.6%
Chronic mental illness	10.2%
Chronic pain	22.5%
Chronic fatigue	15.8%
Chronic insomnia	18.3%
Chronic depression	12.7%
Chronic anxiety	10.5%
Chronic stress	25.4%
Chronic anger	18.9%
Chronic sadness	15.2%
Chronic loneliness	12.3%
Chronic isolation	10.1%
Chronic social withdrawal	15.6%
Chronic self-harm	8.9%
Chronic suicidal thoughts	12.5%
Chronic suicidal behavior	5.4%
Chronic self-hatred	10.3%
Chronic self-blame	15.7%
Chronic self-doubt	18.2%
Chronic self-loathing	12.8%
Chronic self-harm	10.5%
Chronic self-hatred	15.3%
Chronic self-blame	18.7%
Chronic self-doubt	12.4%
Chronic self-loathing	10.1%
Chronic self-harm	15.6%
Chronic self-hatred	18.9%
Chronic self-blame	12.3%
Chronic self-doubt	10.5%
Chronic self-loathing	15.2%
Chronic self-harm	18.7%
Chronic self-hatred	12.4%
Chronic self-blame	10.1%
Chronic self-doubt	15.6%
Chronic self-loathing	18.9%
Chronic self-harm	12.3%
Chronic self-hatred	10.5%
Chronic self-blame	15.2%
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Chronic self-loathing	15.2%
Chronic self-harm	18.7%
Chronic self-hatred	12.4%
Chronic self-blame	10.1%
Chronic self-doubt	15.6%
Chronic self-loathing	18.9%
Chronic self-harm	12.3%
Chronic self-hatred	10.5%
Chronic self-blame	15.2%
Chronic self-doubt	18.7%

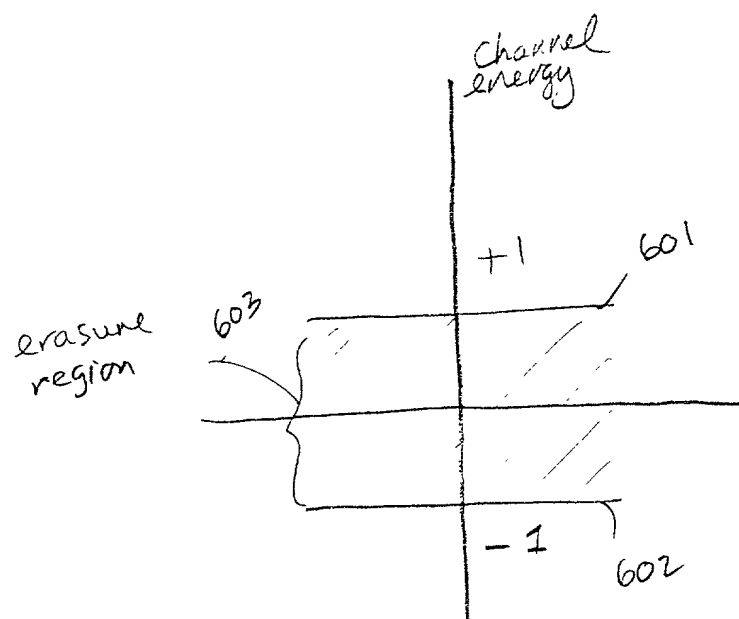


Fig. 5

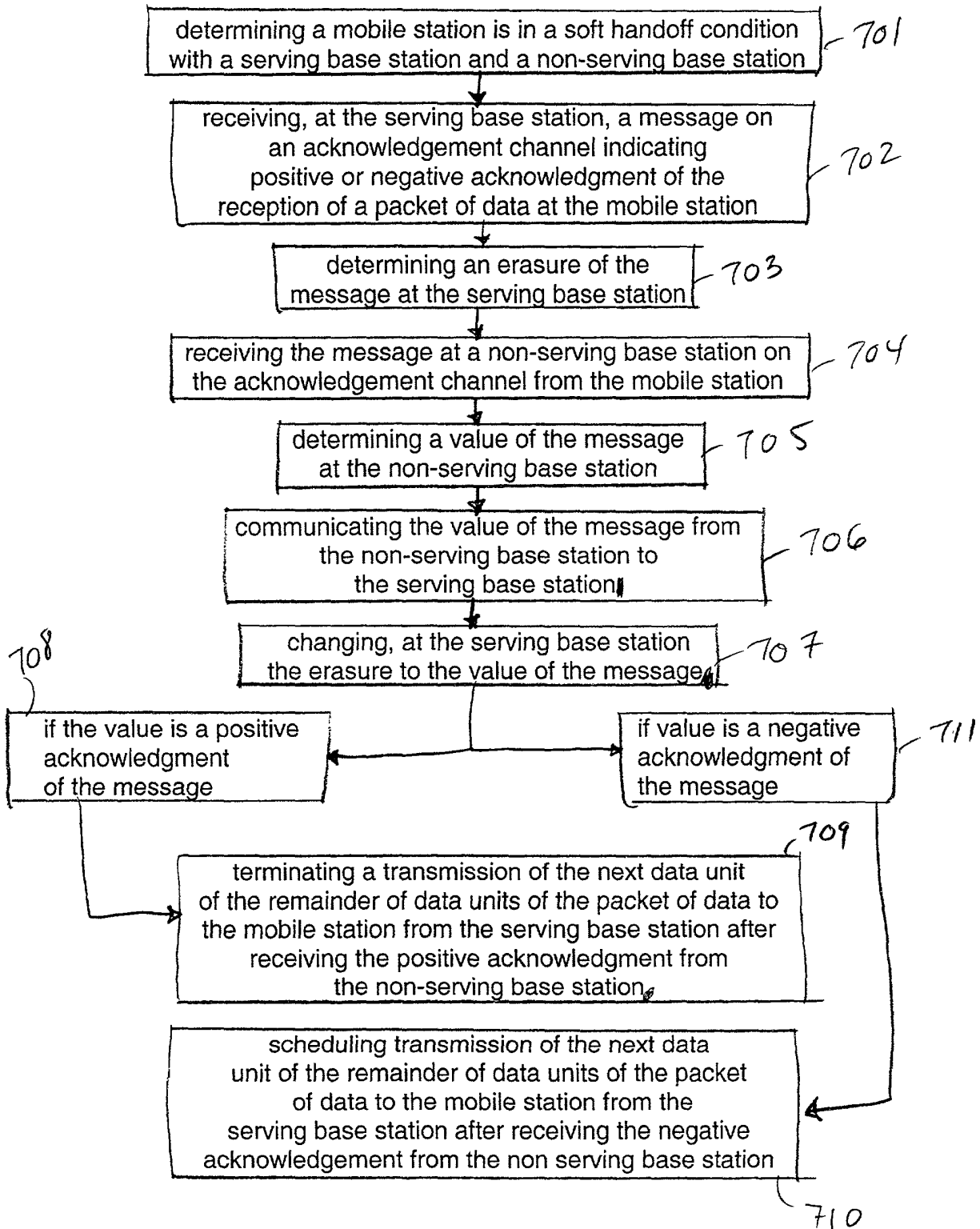


Fig 6